

## What's happening ...

### Chapel



Contact the chapel at **895-1106**. To speak to the duty chaplain after hours, call **895-5850**.

#### Worship schedule

##### Protestant services:

8 a.m., Sunday gospel service, Friendship Chapel

10 a.m., Sunday liturgical service, Palmetto Chapel (weekly communion)

11 a.m., Sunday shared-faith service, Palmetto Chapel

6 p.m., Sunday, Faith Factor

7 p.m., Wednesday youth group, Youth Center

##### Catholic services:

4:15 - 4:45 p.m., Saturday confession, Palmetto Chapel

5 p.m., Saturday Mass, Palmetto Chapel

9 a.m., Sunday Mass, Palmetto Chapel

Other faith groups may contact the chapel for information on worship times and locations.

### Menu



#### Entrees for the Chief Master Sgt. Emerson E. Williams Dining Facility

**Today-- Lunch** -- Mexican-baked chicken, Swiss steak with tomato sauce, stuffed green peppers; **Dinner** -- Lasagna, spaghetti with meat sauce, sweet Italian sausage

**Saturday -- Brunch** -- Crispy-baked chicken, Cajun meat loaf, rib-eye steak; **Dinner** -- Fish almonidine, chicken stir-fry with broccoli, pork chops with mushroom gravy

**Sunday -- Brunch** -- Tuna and noodles, sauerbraten, chicken parmesan; **Dinner** -- Cream of broccoli, ginger-barbecue chicken, fried shrimp

**Monday -- Lunch** -- Swiss steak with tomato sauce, baked chicken, sweet-Italian sausage; **Dinner** -- Roast turkey, baked ham, fish and fries

**Tuesday -- Lunch** -- Onion-lemon baked fish, pork schnitzel, steak yakisoba, beef and spaghetti; **Dinner** -- Paprika beef, barbecue beef cubes, chicken fajitas

**Wednesday -- Lunch** -- Lasagna, Italian-style veal steak, Italian sausage; **Dinner** -- Pita pizzas, country-style steak, fried chicken

**Thursday -- Lunch** -- Orange-spiced chops, liver with onions, tempura-fried fish; **Dinner** -- Baked chicken, pepper steak, pasta primavera

(Courtesy of the 20th Services Squadron. For more information, call **895-9791**.)

### FSC



#### Heart to Heart

Family members of deployed/remote tour spouses are invited to network with others at the Family Support Center Tuesday from 6 to 8 p.m. For more information and to register, call **895-1252**.

#### Smooth Move workshop

A smooth move workshop is set for Wednesday from 8:30 a.m. to noon at the FSC. The event is open to military, civilian employees and family members PCSing from Shaw or separating/retiring. For more information, call **895-1252**.

#### Pre-deployment brief

A pre-deployment brief is set for Thursday from 8 to 9:30 a.m. at the FSC. It is mandatory for those deploying for 30 days or more and covers family separation preparation and anti-terrorism measures. Unit deployment managers with 10 or more deploying members should call the FSC to set up a date, time and location for a mass briefing. Spouses are highly encouraged to attend. For more information, call **895-1252**.

#### Job interviewing assistance

A workshop designed to help job applicants prepare for a successful interview is set for Thursday from 11:30 a.m. to 12:30 p.m. at the FSC. For more information, call **895-1252**.

#### Career-planning skills

A career-exploration inventory is set for Aug. 31 from 10 a.m. to noon. The assessment is designed to help members find what career goals will best relate to their interests. For more information, call **895-1252**.

### At the movies



Movie schedule and start times are subject to change. To hear recorded movie information, call **895-2199**.  
\* Admission: Friday night -- \$1; Saturday -- \$3 for adults, \$1.50 for children under 12; Sunday -- \$1.50.

#### Today at 7 p.m. and Sunday at 3 p.m.

**Anchorman**, PG-13 (sexual humor, language and comic violence) -- Local TV anchorman, Ron Burgundy, is the area's most respected reader of the teleprompter in 1970s San Diego. While at the top of his career, Burgundy, who thinks he's God's gift to the ladies, finds his position challenged by an ambitious female newscaster who, unlike Ron, actually knows something about journalism.

1 hr. 31 mins.



#### Saturday

**7 p.m., King Arthur**, PG-13 (intense battle sequences, sensuality and language) -- In 450 A.D. as the Roman Empire crumbles, the British Isles are thrown into a loose anarchy as errant knights are entrenched in years of territorial battle. Then one king, Aurther, emerges to unite them with his concept of a Round Table of united knights.

2 hrs. 10 mins.

### Information



#### OCSC brunch

A special activities brunch for the Officers' Civilian Spouses' Club is set for Tuesday at 9:30 a.m. in the Conference Center. The event will welcome the 20th Fighter Wing commander's wife, Mrs. Lina Ruhlman. R.S.V.P. to **499-2622**.

#### English classes available

An English as a Second Language class is set to begin Sept. 7 on Tuesdays and Thursdays at Shaw Heights Elementary School in the Adult Education room from 4 to 5:45 p.m. A \$25 registration fee is required. All books and materials are provided. For more information, call the Sumter County Literacy Council at **778-6434**.

#### Sumter Little Theatre performance

The Sumter Little Theatre, located at 14 Mood Avenue in the Sumter County Cultural Center, will perform *Rodgers and Hammerstein's "A Grand Night for Singing"* Sept. 9 - 12 and 16 - 19. Productions are set for Thursdays through Saturdays at 8 p.m. and Sundays at 3 p.m. Tickets are \$15 for adults, \$10 for students and seniors. For more information, call **775-2150**.

#### Infant and child CPR certification

The American Red Cross is offering training on infant and child CPR Sept. 14 from 6 to 10 p.m. at the Sumter Service Center on Guignard Drive. The cost is \$52. Advanced registration and payment is required. For more information, call **775-2363**.



# Sports

## Shaw members beat heat



Matt Brougher (left) and Eugene Steele, both from the 20th Equipment Maintenance Squadron, shoot hoops at the Fitness Center Wednesday.

*Photos by Airman 1st Class Susan Penning*



Above, members use elliptical trainers to work up a sweat. Left, Chris Ceron, 20th Aircraft Maintenance Squadron family member, uses a curl bar.

## Sports Short

### Shooting competition

An intramural-level shooting competition is set for Wednesday and Thursday for the M-16 and M-9 respectively, at the Combat Arms Facility. Six time slots are available per day for military members in uniform. For more information, call 895-0292/0637.

## Health & Wellness



*Photo by Airman 1st Class Susan Penning*

## Older Americans warned about prescription drug misuse

To educate older adults about prescription medication misuse and how to avoid it, the U.S. Department of Health and Human Services, along with the Food and Drug Administration, have jointly launched a public information initiative, "As You Age." The goal of the program is to educate older citizens about the dangers of prescription medication misuse.

According to DHHS research, older Americans use prescription medications approximately three times as frequently as the general population, and have the poorest rate of compliance with directions for taking medications. The use of four or more medications has been linked to an increased risk of falls due to an adverse drug reaction. In addition, the elderly are hospitalized six times more often than the general population, for adverse reactions to drugs.

As we age, the need to take more medications may increase and growing older means our bodies respond differently to alcohol and medication.

Older Americans should be aware that some medications have dangerous effects when paired with other drugs. Also, changes in body weight can influence the amount of medication needed and how long it stays in the body. Body circulation often slows as we age, which can affect how quickly drugs get to the liver and kidneys. This means medicine may remain in the body longer, increasing the potential for interaction.

Some signals that may indicate an alcohol or medication-related problem are memory trouble or loss of concentration, loss of coordination, changes in eating or sleeping habits, unexplained bruises, irritability or depression, failing to keep clean, unexplained chronic pain and lack of interest in usual activities.

So what can you do to guard against any potential problems?

- Talk with your doctor, pharmacist or other health professionals about all the medications you currently take.
- Always read and follow the directions on your medications.
- Tell your doctor about any food or medicine allergies you have.
- Go through your medicine cabinet at least once a year to get rid of old or expired medicines.
- Have all of your medicine reviewed by your doctor at least once a year.
- Take your medications for the entire time they are prescribed.
- Never mix medications with alcohol.
- Notify your health professionals immediately of any unexpected side effects. *(Information courtesy of DHHS.)*